

SAMPLE MENU

LUNCH

Carrot and orange soup (VEGAN) and bread roll

Pulled oats and chestnut mushroom stroganoff (VEGETARIAN)
Pulled oats and chestnut mushrooms in tomato basil sauce (VEGAN)
Thai pork
Chicken tikka masala

New potatoes with olive oil and spring onions.

Basmati rice

Diced carrots with dill

Backed jacket potatoes with a choice of fillings from the salad bar/baked beans/

Cheddar cheese

Salad Bar - Choice of tomatoes, cucumbers, peppers, Green leaf salad,

Mexican kidney bean salad

Sticky Toffee pudding with butterscotch sauce (VEGAN) Selection of cold sweets - Fruit salads, vegan chocolate mousse, cheesecake

DINNER

Mushroom soup (VEGAN) and bread roll (usually the soup is same for lunch and dinner)

Baked pasta with spinach, vegetarian parmesan, mushrooms and pine nuts (VEGETARIAN)

Tempeh and vegetables in Mongolian sauce (bean sprouts, mushrooms, mange tout, baby corn, pakchoy and Chinese cabbage) (VEGAN)

Roast jerk chicken with banana chips and lime

Piripiri and oregano roasted new potatoes

Jamaican rice and peas

Broad beans with olive oil and parsley

Salad Bar - Choice of tomatoes, cucumbers, peppers, Green leaf salad, Algerian chickpea bean salad

Rhubarb crumble with custard (VEGAN)
Selection of cold sweets-Fruit salad, Orange crème brulée, Vegan coconut and mango pot